



Report of training seminar on Health Literacy

On the 29th of April 2017, in Yaoundé a training seminar on Health literacy was organised by HIFA Country Representative for Cameroon, Didier Demassosso. Objective of the training seminar i) increase HIFA membership in Cameroon and ii) increase awareness of health literacy as a means to promote health. This training was intended for members of the GREENWHITE NGO (<https://www.facebook.com/GreenWhite-association-%C3%A0-but-non-lucratif-535603476584294/>), an organisation devoted to social issues in Cameroon.

The seminar was divided into three parts

- A theoretical part involving definition of concepts (health literacy, health information, explaining the relationship between health information, health literacy and health promotion. Explaining the HIFA and its role in health literacy and health promotion in Cameroon)
- Presentation of case studies of depression and stress. Following the WHO depression let's talk campaign it was an opportunity to provide the latest information on depression to participants. Stress was discussed as a major health concern affecting the wellbeing and mental health of persons.
- Questions and answers discussion.

Present at the seminar were 11 students equally members of Green white Cameroon. All members want to be member of the HIFA French and English (please see annex for details.). The seminar ended with questions and answers and discussions. Participants were very satisfied and my objectives attained

ANNEX



GreenWhite Cameroon

April 28 at 12:50pm · 🌐

Plusieurs personnes meurent à cause du manque d'information sur les soins de santé HIFA est une organisation qui a l'objectif ambitieux d'informer les différentes parties prenantes sur les soins de santé et ainsi protéger leur propre santé et la santé des autres. organisation qui à de multiples partenaires entre autres l'Organisation Mondiale de la Santé (OMS) à travers un atelier formera les membres de GreenWhite et tous les volontaires aux soins de santé (particulièrement le stress et la dépression) ce samedi 29 avril à 16h30 à Yaoundé au quartier fouda au siège de GreenWhite.

Contact : 694321237

NE RATE PAS L OCCASION D' ETRE L'UN DES 16000 MEMBRES D'HIFA

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